

SCUTTLEBUTT

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Naval Hospital Camp Lejeune's Command Master Chief Terry Prince observes Capt. Daniel Zinder, commanding officer, as Zinder receives his influenza (flu) shot from Licensed Practical Nurse Ann Bell, Immunizations Clinic, marking the start of NHCL's 2011-2012 Seasonal Influenza Vaccination Campaign Sept. 12 aboard Marine Corps Base Camp Lejeune, N.C.

-U.S. Navy photo by Anna Hancock

Education and a Hearty ‘Thank You’



Terry J. Prince (FMF/SW/AW)
Command Master Chief
Naval Hospital Camp Lejeune

Full marks the beginning of another year of school for children all over the area. It is exciting to see them pack their books and school supplies into a backpack and head off to school, with all the excitement that comes from a new year of learning with their friends.

I ask you to do your part while driving and protect them. SLOW DOWN in front of schools, stop for school busses as required and watch for the kids, they are everywhere! The state of North Carolina has

enacted laws to severely punish those who ignore the rules of the road when it comes to driving in a school zone, so slow it down!

This is also a great time for those of you looking to further your education and enhance your skills by going back to school. Camp Lejeune offers an amazing array of schools to choose from and the Base Education Center is where it all begins! Stop by the office on Stone St. and see what the center has to offer. The timing could not be better.

Lastly, I would like to publicly thank Betty Jo Ford, a staff member here at NHCL, for her incredible devotion, dedication and service as the Command's Navy Family Ombudsman. Ford has skillfully managed hundreds of staff member family-related issues for this command, and saved many of you countless hours of work by assisting distressed family members with the correct resources. She played a major role in the successful implementation of the NHCL's Family Readiness Group and other morale building events throughout the years. Thank you, Betty Jo!

NHCL Cmdr. Awarded Meritorious Service Medal



Photo courtesy of Lt. Cmdr. Timothy Drill

Navy Cmdr. Brad Buchanan, department head of the School of Infantry-East (SOI-E) and Marine Corps Air Station Branch Medical Clinic, Naval Hospital Camp Lejeune, was awarded the Meritorious Service Medal Sept. 12, by Marine Corps Col. Barry Fitzpatrick, commanding officer School of Infantry-East. Buchanan was cited for his meritorious service to SOI-E, including: efforts

in decreasing lost Marine training days from 342 per month to 94 per month due to increased accessibility to, and preventative medical care; revitalizing a DoD bone marrow program resulting in SOI-E becoming one of the top three producing sites for the entire DoD; establishing quality care initiatives for 1,200 additional Family Practice beneficiaries enrolled at the Marine Corps Air Station Family Medicine Clinic, which included increased front-desk check-in capabilities, increased triage capabilities and increased lab services; and, collaborating with NHCL's Sports Medicine Department to produce a cost savings of over \$10 million per year by the implementation of the Sports Medicine and Rehabilitation Team (SMART) clinic.

scut·tle·butt

n.

1. Slang for spoken communication; through the grapevine

2. Nautical

a. A drinking fountain on a ship; gathering place

b. A forum for NHCL staff to get 'insider info'

SCUTTLEBUTT



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www.facebook.com/nhclejeune

NHCL Receives New Mammogram Units

offering women mammogram screenings, cervical exams and breast exams

Lance Cpl. Victor Barrera
II Marine Expeditionary Force Public Affairs

In the United States, it is estimated that one in nine women will develop invasive breast cancer. In 2010, about 39,800 women were expected to die from breast cancer; however, death rates have been decreasing since 1990. One reason is early detection from mammogram screenings.

Since fall of 2010, Naval Hospital Camp Lejeune acquired two new full-field digital mammogram units that increase Navy radiologists' ability to detect micro-calcifications during screening mammograms.

"These are state-of-the-art machines," said Lt. Cmdr. Marcel Macgilvray, chief radiologist with NHCL. "No one has better equipment for screening mammograms than we do right now."

The new units are much more sensitive in detecting micro-calcifications, one of the markers radiologists look for while screening mammograms for signs of breast cancer.

"We still recommend that women follow the American College of Radiology guidelines to begin annual screening mammography at age 40," said Macgilvray. "If they have a primary relative who was diagnosed with breast cancer, however, we recommend they begin annual screening mammograms 10 years prior to the age of their relative's age at the time of diagnosis."

An annual check-up is recommended and is also covered by TRICARE.

"We encourage women who have a concern to come in," said Macgilvray. "If they found a new lump or something they're worried about, they can see their provider first, but they can also self-refer by calling 450-3470 and we will get them in to be seen."

This can help in diagnosing patients faster and if required, give them the appropriate attention right away.

"Studies have shown that breast cancer happens in one in nine women, so it's not a matter of 'maybe' it will happen, it's just a matter of when it will happen," said Macgilvray. "Getting screened is a way women can be pro-active and give themselves the best chance to find signs of breast cancer early. Our new digital equipment really helps us in this fight against breast cancer."

During the week of Oct. 17 — 21, NHCL will be offering TRICARE Prime beneficiaries assigned to NHCL a mammogram screening and a cervical and breast exam screening during two separate walk-in clinic events. To receive a mammogram screening, visit the Radiology Department between the hours of 8:00 a.m. to 11:30 a.m. or 1:00 p.m. — 3:30 p.m. (Oct. 17 — 20 only) or call 450-3470 to schedule an appointment. To receive a cervical cancer and breast exam screening, visit the Family Practice clinic between the hours of 8:00 a.m. to 11:30 a.m. or 1:00 p.m. — 3:30 p.m. (Oct. 17 — 20 only) or call 450-4481 to schedule an appointment.

Where Everybody Knows Your Name

By Cmdr. Steven Dundas
Pastoral Care Department

Some years ago the theme song of the television show "Cheers!" struck a chord with people, because it was real.

Read the opening lyrics, "Making your way in the world today takes everything you've got. Taking a break from all your worries sure would help a lot. Wouldn't you like to get away?"

Despite the proliferation of smart phones and social networking media we live increasingly disconnected lives. Often our dependence on these devices keeps us from dealing with people in the flesh. I mean really, what percentage of our Facebook friends or Twitter followers really know us?

We shop in super-stores, attend mega-churches, and exist on fast food delivered through a window. Too many organizations, including some churches, only value profit or market share. I

remember hearing a church leader refer to church families as, "Tithing units." And we wonder why so many people are depressed, lonely or in despair.

Think again of the lyrics from Cheers, "Sometimes you want to go, where everybody knows your name, and they're always glad you came."

To have a place where people know and care about you is important to us, and the people that come to us for their medical care. "Cheers!" was a neighborhood bar where people from all walks of life knew and cared for each other. We have lost a lot of that kind of community in the United States and suffer because of it.

As a military community, we have much that binds us together, but some of us still suffer from isolation. Especially due to our unique stressors. It is nice when we find our place of solace and care, and when we can be that place for others.

"Be glad there's one place in the world where everybody knows your name. And they're always glad you came."

NHCL Kicks off the 2011-2012 Season

By Anna Hancock
NHCL Public Affairs



U.S. Marine Corps photo by Lance Cpl. Michael S. Lockett

Hospital Corpsman 2nd Class Philip Seisman administers the influenza vaccination to Col. Daniel J. Lecce, the Marine Corps Base Camp Lejeune commanding officer, Sept. 12 at Lejeune Hall to kick off Naval Hospital Camp Lejeune's flu shot campaign.

Naval Hospital Camp Lejeune (NHCL) kicked off the 2011-2012 Seasonal Influenza (flu) Vaccination Campaign, Sept. 12, with the goal of achieving 100% Navy and Marine Corps force readiness aboard the largest Marine Corps installation on the East Coast, Marine Corps Base Camp Lejeune, N.C.

According to information released in NAVADMIN 207/11, over 25 million reported cases of influenza occur in the United States each year. This includes about 150,000 hospitalizations and 24,000 deaths.

Navy and Marine Corps policymakers set aggressive 2011 – 2012 Influenza campaign vaccination and reporting policies in NAVADMIN 207/11 and MARADMIN 515/11. The two policies outline the groups who are required and recommended to receive the vaccine as well as the expectations for compliance. The most notable policy standard is the requirement for commands to administer the vaccine to 90% of active duty and reserve sailors and Marines by Dec. of this year, and provide 100% accessibility to the vaccine for Navy and Marine Corps family members, TRICARE beneficiaries and DoD civilians. Also notable, the mandatory requirement of Navy civilian health care workers providing direct patient care to receive the influenza vaccine as a condition of employment.



U.S. Navy photo by Hospital Corpsman 2nd Class Janine Beaufort

Head of Naval Hospital Camp Lejeune's Preventive Medicine Department Lt. Cmdr. Crystal Dailey guides NHCL beneficiaries as they wait in line to receive their annual influenza vaccination at NHCL's first influenza vaccination event during the Commissary Case Lot Sale, Sept. 15.

"NHCL officially kicked off the Influenza campaign by having the vaccine administered to the commanding officer of the Naval Hospital and the commanding officer of Camp Lejeune. On Sept. 15, beneficiaries had their first opportunity to receive the vaccine at the Commissary Case Lot Sale," stated NHCL's Director of Public Health Glenee Smith. "The turnout at the event was great. We administered about 400 vaccines per day to beneficiaries totaling 1,413."

Influenza vaccine events for NHCL staff began on Sept. 20 and continued through Sept. 23. Many staff members stopped by to either receive the vaccine or turn in their documentation supporting their receipt of the vaccine by another provider.

Smith continued to explain how NHCL planned a carefully coordinated vaccination campaign that will ensure 100 % accessibility to the vaccine. The campaign incorporates several influenza vaccination opportunities that bring the vaccine to locations convenient to the military community. Locations include the commissary parking lot, the Marine Corps Exchange, several DoD schools, an upcoming Military Retiree Appreciation Day and the Naval Hospital.

Head of NHCL's Preventive Medicine Department Lt. Cmdr. Crystal Dailey continued, "At each event, health care personnel will be on-site to screen individuals and ensure no health conditions exist

al Influenza (flu) Vaccination Campaign



U.S. Navy photo by Hospital Corpsman 2nd Class Janine Beaufort

A Naval Hospital Camp Lejeune corpsman administers the influenza vaccination to a NHCL beneficiary during NHCL's first influenza vaccination event at the Commissary Case Lot Sale, Sept. 15.



U.S. Navy photo by Hospital Corpsman 2nd Class Janine Beaufort

A Naval Hospital Camp Lejeune staff member receives his annual influenza vaccination during NHCL's first influenza vaccination event for NHCL staff held in the Family Medicine Staff hallway, Sept. 12.

that may cause complications after receiving the vaccination. We also made health care personnel available to administer the vaccine and to monitor the individual after receiving the vaccine.”

NHCL preventive health experts agree that receiving the flu vaccine is the most important way for an individual to reduce his or her risk of flu and its spread of infection to others. NHCL staff at the Immunization Clinic and within the Directorate of Public Health have taken proactive steps throughout the year to educate beneficiaries on the importance of receiving the vaccine and the potential adverse health effects the flu can cause on an individual.

“It is crucial to understand that although research suggests flu season begins in October, individuals can contract the flu at any time,” said Dailey. “For every flu-related death, the flu sickens three times as many individuals, and can easily be prevented by education and vaccination.”

Smith and Dailey lauded the team effort to provide literature, educational seminars, vaccination campaign materials, a vaccination information hotline for beneficiaries to call and information to beneficiaries via social media outlets, to ensure that not only is the hospital within policy compliance, but more importantly, that the local military community stays healthy.

“Not only do we protect ourselves from getting the flu when we get the vaccine, we are protecting our community,” stated Dailey. “And for those of us in the military, we are ensuring our ability to achieve our mission at hand.”

Vaccination events will continue to be held throughout the month and flu season. Information will be posted as event dates are confirmed on the command Sharepoint page, NHCL's public website, NHCL's Facebook page and in The Globe. For more information call Lt. Cmdr. Dailey at 451-3431.

NEED YOUR FLU VACCINE?

Check the command Sharepoint page, NHCL's public website, NHCL's Facebook page or The Globe for information. Dates, times and places will be available as soon as future events are scheduled.

For more information call Lt. Cmdr. Dailey at 451-3431.

HOSPITAL ROUNDS

2011 Navy Ball Tickets On Sale Now!

October 15

New Bern Convention Center

Cocktails begin at 5:00 p.m.

Ceremony begins at 6:00 p.m.

See HM2 Nesby, HM2 Mederos, HM1 Corapi, HM3 Estrada, HN McCloskey or HN Monaghan for more information.

Celebrate

Retiree Appreciation Day!

October 1

8:00 a.m. — 12:30 p.m.

Camp Lejeune's Marston Pavilion

Come visit with fellow retirees, Navy and Marine Corps leadership and receive great health-related information! Lunch will be provided.

Call 451-0287 for more information

Leading by Supporting the CFC



Capt. Daniel J. Zinder, Naval Hospital Camp Lejeune and Command Master Chief Terry Prince kick-off the annual Combined Federal Campaign (CFC) on Sept. 16 by pledging funds. CFC organizers call for NHCL staff to go beyond the call of duty and support the charities and organizations that are part of the campaign. Staff can opt to donate a one-time monetary gift or set up an allotment. See your department's CFC coordinator for more information.

Join NHCL in a...

Breast Cancer Awareness 5k

Fun Run/Walk

October 21 at 11:30 a.m.

Corner of Holcomb Blvd

Wagner Relieves Stocks in Change of Command Ceremony at NMCP



Naval Medical Center Portsmouth commander Rear Adm. Alton L. Stocks and incoming commander Rear Adm. Elaine C. Wagner attend colors before the change of command ceremony Sept. 22. Wagner is the 74th commander of NMCP and also serves as commander of Navy Medicine East. Stocks will be assigned as commander, Navy Medicine, National Capital Area and commander, Walter Reed National Military Medical Center, Bethesda, Md.

TRICARE UPDATES

Reduced Pharmacy Home Delivery Co-Pays!

As of Oct. 1, 2011, Home Delivery beneficiaries may fill generic prescriptions at no cost to themselves. Currently, the cost is \$3 for a 90-day supply, but as of Oct. 1 the copayment drops to zero. For more information about TRICARE pharmacy, the new copayment rates and Home Delivery, visit

www.tricare.mil/pharmacy

Finding What's 'It' For You

Calvin Leatherwood
Quality Management Department

Every organization talks about finding “it.” The something that ensures movement towards excellence and shares value throughout the organization. The culture of change is progressive and relentless. The focus could be the environment or a process. It is all about becoming better by engaging in the “Process of Improvement.”

The Naval Hospital Camp Lejeune Quality Management staff stands ready as a resource for consultation and implementation to assist in the accomplishment of your objectives. A term to be familiar with is Continuous Process Improvement (CPI). CPI is a transition of many methodologies such as Total Quality Leadership (TQL), Plan, Do, Check, Act (PDCA) and in recent years Lean Six Sigma (LSS). The intents with these methodologies are to seek and create opportunities that increase patient safety, improve process efficiency and reduce waste.

The Quality Management staff implemented many initiatives to continue this process, including creating CPI Liaisons. CPI Liaisons were integral contributors to the recent Joint Commission Survey for accreditation results on the deck plate level.

The forthcoming Command CPI Project Repository, a Sharepoint resource to collect successful projects and lessons learned to reduce process rework, will be a tool for all staff to use in two weeks. Furthermore, the QM department is organizing the Naval Hospital Camp Lejeune CPI Expo in January 2012 which will give all directorates the chance to highlight performance improvement initiatives done by departments and staff members. This expo will not only showcase excellence in action, but will be an opportunity to give appreciation and place value on the dedicated caregivers as well as supporters of that care.

When we truly understand the “Process of Improvement” we epitomize the belief that the goals of CPI are progress and the pursuit of excellence. For any additional questions, information or comments, please call 450-4132.

Are Baby Teeth Really Important?

Lt. Cmdr. Sabina Yun, Doctor of Dental Surgery
Dental Department

There are a few frequently asked questions that are as old as dentistry. Are baby teeth really that important? Won't they fall out anyway? Do I really need to take care of them?

The answers have never changed and they are all “Yes.” Baby teeth are as important to children as permanent teeth are to adults.

Adults and children alike need teeth for proper chewing and nutrition intake, speech development and to establish self assurance and confidence every time we smile. In addition to those basic functions, baby teeth serve as space savers for permanent teeth and help guide them into their proper alignment.

A baby tooth normally remains in a child's mouth until a growing permanent tooth is ready to erupt through the gums. If a child loses a tooth prematurely due to an accident or extraction of a diseased tooth, it will lead to the loss of space and has the potential to cause the new permanent tooth to erupt out of alignment or fail to erupt completely. Improperly aligned teeth may require expensive and time-consuming orthodontic treatment in the future.

The number one consequence of not taking care of your child's teeth is the development of cavities. Oral health neglect leads to a higher risk of cavities in adult teeth, hospitalizations and emergency room visits, increased treatment costs and time, poor physical development (especially in height and weight), loss of school days and the diminished ability to learn. Keeping baby teeth healthy starts just days after birth. The first care you provide

is actually for the baby's gums. Start cleaning your baby's gums using water and a soft towel or cloth. As the teeth begin to erupt, start brushing with an age appropriate toothbrush twice a day using a fluoridated toothpaste that has been approved by the American Dental Association. For children less than 2 years old, use a very small smear of toothpaste. For the 2-5 year old, you can use a pea-size amount of toothpaste. Remember to assist your child. His or her manual dexterity and cognitive understanding are not mature enough to effectively clean their teeth.

Another way to promote healthy teeth for children older than 6 months of age is to simply drink tap water. Consuming fluoridated water and using small amounts of fluoride topically on a routine basis can help prevent tooth decay.

Like many communities in the United States, the military adds fluoride to most drinking water in base residences. Paradise Point, Tarawa Terrace, Midway Park, Camp Johnson and the Hospital area in Watkins Village are fluoridated. All of main side Camp Lejeune is fluoridated. If you live off base, ONWASA feeds fluoride into their systems and serves most of Onslow County. Jacksonville's water is naturally fluoridated.

The last key to proper baby teeth care is to watch what your children eat and drink. It is important to limit prolonged and frequent exposure to fermentable carbohydrates, foods that break down into sugars in the mouth. While it is tough to promote healthy choices rather than the high-priced marketing campaigns, it will go a long way to ensuring your children have a lifetime of oral health.

NHCL Hosts AAoNHC



Naval Hospital Camp Lejeune hosted about 70 veterans from the American Association Of Navy Hospital Corpsmen (AAoNHC), as part of their tour of Marine Corps Base Camp Lejeune on Sept. 23. The AAoNHC listened to guest speakers, including: Command Master Chief Terry Prince and several corpsmen who recently returned from combat and spoke to their experiences in combat and at NHCL. The AAoNHC was in town celebrating their 17th annual reunion.

Nurses Train for Trauma Intervention

By Lt. Cmdr. Timothy Drill
Camp Johnson Branch Medical Clinic

Emergency nursing principles are the focus for Naval Hospital Camp Lejeune (NHCL) Nurses and Hospital Corpsman who register for the Trauma Nursing Core Course (TNCC) offered by Staff Education and Training (SEAT). The Emergency Nurses Association (ENA) designed TNCC as a standardized, systematic approach to traumatic intervention. Built as a two or three day course of classroom, hands-on training, TNCC enhances the domains of learning through cognitive, affective, and psychomotor skills.

Statistics support injury of some degree is the primary cause of death in persons under age 45. Educating nurses and hospital corpsmen on trauma care who can educate their patients before injury occurs may provide the greatest deterrence of injury. Also, knowing how to treat serious injury is encouraged and mandated for nurses prior to deployment. Instructors and students with little to no emergency nursing background benefit from the basic foundations of life-threatening intervention and attention to primary and secondary strategies.

For TNCC Program Director and Registered Nurse Rebecca Gordon, it was her training in emergency nursing that prompted her potentially life-saving responses after deciding to assist with a car accident along Highway 24.

"The victim was no longer in the car. He was unconscious, lying on his left side and his face was already half blue. I was trying to explain to the three bystanders how to logroll the gentleman in one motion," explained Gordon. "...I immediately started with airway and upon opening his mouth realized his tongue was in the back of his throat. As I pulled his tongue forward everyone could hear him take a breath."

Gordon continued to note that the man was still unconscious, but his breathing and the natural color of his face returned. Gordon kept her hand in his mouth to keep his tongue from flipping back until emergency medical services arrived.

TNCC course content covers epidemiology, biomechanics and mechanisms of injury, assessment, and a vast amount of system specific trauma, in addition to disaster management. Skill stations complete the course, which offers students the opportunity to demonstrate their comprehensive understanding and competency to manage traumatic injury similar to incidents Gordon encountered.

TNCC is offered numerous times each year and students may receive continuing education credits. Exceptional scores allow students to advance to instructors through an additional course. Individuals interested in participating in a TNCC provider course may contact SEAT at 450-4196.



Lt. j.g. Sandra Ridgeway (left), a student in the Trauma Nursing Core Course (TNCC), assists instructor Lt. Cmdr. Timothy Drill (standing right) in conducting a demonstration on head injury to Director of Nursing Services Capt. Nancy Pearson and Lt. Justin Ray, Mental Health Department during a TNCC class Aug. 31. After dropping the cantaloupe from approximately five feet, Drill showed the students how the cantaloupe cracked and split in several places, simulating a skull fracture and brain injury. Subsequently, Drill repeated the exact demonstration, but placed the cantaloupe in a helmet before dropping it. This demonstrated how the helmet prevented a head injury by keeping the cantaloupe intact.